

Employee of the Month

Seregbe “Daniels” Conde has been with us for only a short time, about two months, as a housekeeper. Daniels has a husband and two sons. Originally from Guinea in Africa, she hopes to move her two sons to America soon. Her favorite part about Carolina Gardens is the people, because “Everybody is so nice and happy.” Wherever you see her, Daniels is sure to have a smile, a cheerful attitude and always willing to go above and beyond to help in any way she can. We are thrilled to recognize her for her efforts to serve residents, staff and family in our community!



Red Carpet Rollout

Symbolizing glitz and glamour, a red carpet is rolled out for celebrities and VIPs to make a grand entrance.

The earliest reference to this custom appears in the ancient Greek play “Agamemnon,” in which the title character, a king, returns home from battle to a path of crimson tapestries laid out for him. Because red dye was difficult to make and expensive, only the elite could afford fabric in that color, and red became a sign of luxury.

The practice spread over time. In 1821, U.S. President James Monroe stepped off a riverboat onto a ceremonial red carpet in South Carolina. Starting in the early 1900s, red carpets directed passengers boarding the exclusive express train at New York City’s Grand Central Station, creating the status concept of “red-carpet treatment.”

In Hollywood, the legendary Sid Grauman rolled out a red carpet outside his movie theater when he organized the first film premiere in 1922. Douglas Fairbanks and the other stars of “Robin Hood” started a tradition of arriving actors “walking the red carpet” that continues today. Most famously, the annual Academy Awards ceremony has broadcast its pre-show red carpet event since 1961. The plush walkway has become a stage for celebs to pose for photos, give interviews and greet fans.

Build a Beautiful Bouquet

Flower arranging is a fun way to explore your creative side, while also adding a bit of nature’s beauty to your indoor surroundings.

The most interesting arrangements have flowers in a variety of shapes, textures and stem lengths. If you’re using blooms in one color or that are similar in color, mixing flower types and sizes is key. For a multicolored bouquet, focus on just two to three kinds of flowers.

Almost anything can be a vase for your flowers — a glass container, a ceramic pitcher, or a vintage tin. Ideally, the finished bouquet should be taller and a bit wider than the vase to create balance.

Before adding flowers to the vase, cut about an inch off the stems. This will help them absorb water better and stay fresher longer. As you place each flower, remove any leaves that fall below the water line to help the water stay clean.

Arrange flowers in the vase from largest to smallest. If using branches or heavy greenery, place them first so they can help prop up the flowers. Continue with sturdy, large blooms followed by the showiest flowers. Finish your bouquet by tucking in delicate sprigs and blossoms.

Carolina Gardens at Harbison Lifestyle



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FEBRUARY 2020

Dear Residents, Family and Friends of Carolina Gardens

Tammy comes to Carolina Gardens Harbison with over 19 years’ experience within the senior living industry. Her roles and responsibilities have included regional-level development of innovative and comprehensive programs. Throughout her career, she has worked closely with senior populations. She relishes her current role, especially when she sees new residents regain their energy and zest for life because of the services and social life they experience here at Carolina Gardens at Harbison. Tammy is passionate about helping residents age in place and remain independent as long as possible. She brings a perpetual smile and upbeat personality to her management roles. Tammy is a licensed administrator in five states and holds a Certification as a Certified Dementia Practitioner and Certified Director of Assisted Living.



Meet Our New Activity Director

Kimberly comes to us with eight years of experience in the senior living industry. She is very passionate about seeing residents engaged, thriving and living as independently as possible for as long as possible, with dignity and style! She is excited about the opportunity to work with such a phenomenal group of residents, staff and family members she has met so far. Kimberly is also a mother of two school-aged boys, and loves to stay active.



FEBRUARY 2020

Locations

Activity Room, Memory Care, ARMC

Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

Transportation Schedule

Monday, 11 a.m.
Scenic Drive: 2nd & 4th Mondays

Tuesday, 10:15 a.m.
Shopping Trip: Varies

Wednesday, By Appt.
Doctor Appointments

Thursday, Leave 10 a.m., class at 10:45 a.m. (1st Thursdays of month)

Harbison Community Center

Thursday, 11:30 a.m.
Lunch Bunch: 2nd & 4th Thursdays

Friday, 10:15 a.m.
Shopping Trip: Walmart

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”

—Joseph Addison

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Groundhog Day 2 9:30 Morning Brew, ARMC 10:30 Refreshment Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Puzzles & Games, ARMC 2:30 Snack Social, ARMC 3:00 Columbia Lay Speakers, ARMC 5:00 Cinema Sunday, TVMC	3 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 11:00 Hymns & Devotion w/David, ARMC 2:30 Snack Social, ARMC	4 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 11:00 Old-Fashioned Hymns w/ Anne, ARMC 2:30 Snack Social, ARMC 3:00 Color Cards, ARMC	5 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:00 Worship w/Riverland Hills, ARMC 10:30 Refreshment Time, ARMC 2:00 Trish & Furry Friends Visit, ARMC 2:30 Snack Social, ARMC	6 Play Monopoly Day 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 2:30 Snack Social, ARMC 4:30 Name That Tune Singalong, ARMC	7 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 1:30 House Manicures, ARMC 2:00 Happy Hour, ARMC	Spunky Old Broads Day 1 9:30 Coffee & Cookies, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 11:00 Saturday Singalong, ARMC 1:30 Balloon Toss, ARMC 2:30 Snack Social, ARMC
9 9:30 Morning Brew, ARMC 10:30 Refreshment Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Puzzles & Games, ARMC 2:30 Snack Social, ARMC 3:00 Columbia Lay Speakers, ARMC 5:00 Cinema Sunday, TVMC	10 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 2:30 Snack Social, ARMC	11 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 2:30 Snack Social, ARMC 3:00 Color Cards, ARMC	12 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:00 Sing w/Martha & Friends, ARMC 10:30 Refreshment Time, ARMC 2:00 Trish & Furry Friends Visit, ARMC 2:30 Snack Social, ARMC	13 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 2:30 Snack Social, ARMC 4:30 Name That Tune Singalong, ARMC	14 VALENTINE'S DAY Library Lovers Day 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 1:30 House Manicures, ARMC 2:00 Happy Hour, ARMC	15 9:30 Coffee & Cookies, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 10:30 Music & Devotions w/ Edith & Pr. Lance, ARMC 11:00 Saturday Singalong, ARMC 1:30 Balloon Toss, ARMC 2:30 Snack Social, ARMC
16 9:30 Morning Brew, ARMC 10:30 Refreshment Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Puzzles & Games, ARMC 2:30 Snack Social, ARMC 3:00 Columbia Lay Speakers, ARMC 5:00 Cinema Sunday, TVMC	17 PRESIDENTS DAY 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 2:30 Snack Social, ARMC 3:00 Games w/ Jennifer, ARMC	18 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 2:30 Snack Social, ARMC 3:00 Color Cards, ARMC	19 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:00 Sing w/Martha & Friends, ARMC 10:30 Refreshment Time, ARMC 2:00 Trish & Furry Friends Visit, ARMC 2:30 Snack Social, ARMC	20 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 2:30 Snack Social, ARMC 4:30 Name That Tune Singalong, ARMC	21 National Caregivers Day 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 1:30 House Manicures, ARMC 2:00 Happy Hour, ARMC	22 9:30 Coffee & Cookies, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 11:00 Saturday Singalong, ARMC 1:30 Noodle Ball, ARMC 2:30 Snack Social, ARMC
23 9:30 Morning Brew, ARMC 10:30 Refreshment Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Puzzles & Games, ARMC 2:30 Snack Social, ARMC 3:00 Columbia Lay Speakers, ARMC 5:00 Cinema Sunday, TVMC	24 National Dance Day 9:30 Morning Brew, ARMC 10:00 Dance Off!, ARMC 10:30 Refreshment Time, ARMC 2:30 Snack Social, ARMC	25 National Cupcake Day 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 2:30 Cupcake Social, TVMC 3:00 Color Cards, ARMC	26 ASH WEDNESDAY 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:00 Sing w/Martha & Friends, ARMC 10:30 Refreshment Time, ARMC 2:00 Trish & Furry Friends Visit, ARMC 2:30 Snack Social, ARMC	27 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 2:30 Snack Social, ARMC 4:30 Name That Tune Singalong, ARMC	28 9:30 Morning Brew, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 1:30 House Manicures, ARMC 2:00 Happy Hour, ARMC	29 9:30 Coffee & Cookies, ARMC 9:45 Chair Exercise, ARMC 10:30 Refreshment Time, ARMC 11:00 Saturday Singalong, ARMC 1:30 Balloon Toss, ARMC 2:30 Snack Social, ARMC